

Waukesha County

Health Promotion Workshops

8/12/20 UPDATE: Due to the COVID-19 pandemic all in-person workshops and Cup of Health presentations have been discontinued through 2020

Please see below for our alternative health promotion offerings

Healthy Living with Chronic Pain Phone-Based Workshop

Living day-to-day with ongoing, persistent pain presents numerous challenges. This phone-based workshop is for adults who have chronic pain such as headaches, low back pain, arthritis pain, and fibromyalgia. Participants will receive a toolkit in the mail and attend weekly telephone conference calls facilitated by a trained leader. The toolkit introduces information and skills that will help participants lead a healthy life by better managing physical and emotional challenges.

NEW DATES Class Details: Phone discussions will be from 1 pm to 2 pm on Thursdays, September 17, 24, October 1, 8, 15, 22

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

REGISTRATION DEADLINE EXTENDED: September 2nd, 2020

Living Well with Chronic Conditions Phone-Based Workshop

This phone-based workshop is for adults who have one or more chronic conditions such as high blood pressure, high cholesterol, diabetes, depression, and Crohn's disease. Participants will receive a toolkit in the mail and attend weekly telephone conference calls facilitated by a trained leader. The toolkit introduces information and skills that will help participants lead a healthy life by better managing physical and emotional challenges related to their chronic condition.

NEW DATES Class Details: Phone discussions will be from 10 am to 11 am on Wednesdays, September 30, October 7, 14, 21, 28, November 4

Contact: Katie at the ADRC: (262) 548-7835 or kriemenschneider@waukeshacounty.gov

REGISTRATION DEADLINE EXTENDED: AUGUST 25th

See next page for more listings

Eat Smart, Move More, Weigh Less

Based on the theory of planned behavior, Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

Class Details: The next 15-week series begins Tuesday, September 8th from 11 am to Noon
OR Wednesday, September 9th from 7:30 pm to 8:30 pm

Contact: Katie at the ADRC: (262) 548-7835 or kriemenschneider@waukeshacounty.gov

REGISTRATION DEADLINE SEPTEMBER 4th

Better Choices, Better Health

Better Choices, Better Health is an online program for people ready to manage a chronic condition. Designed and researched by Stanford University, the same developers of the in-person Living Well with Chronic Conditions program, this program helps people with a wide range of conditions such as anxiety, arthritis, asthma, cancer, chronic fatigue syndrome, chronic pain, COPD, depression, diabetes, hypertension, and many others.

Class Details: Must commit to login for 6 consecutive weeks, a total time commitment of 1-2 hours per week. Workshop dates vary depending on date of registration.

Contact: Katie at the ADRC: (262) 548-7835 or kriemenschneider@waukeshacounty.gov

Aging Mastery Starter Kit

The Aging Mastery Starter Kit from the National Council on Aging (NCOA) is a fun and engaging self-guided experience that will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourself and for others. The Starter Kit will inspire you to take steps toward positive aging across six dimensions: Legacy & Purpose, Gratitude & Mindfulness, Health & Well-Being, Finances & Future Planning, Connections & Community, and Creating & Learning. Each dimension has specific actions that you are encouraged to incorporate your daily life. The Starter Kit contains the *Aging Mastery Playbook*, Activity Cards, Exercise DVDs, a Notepad, and Magnet.

Details: To qualify, you must be 60 years or older and a resident of Waukesha County. We also ask that you complete a short survey prior to receiving a kit free of charge.

Contact: Katie at the ADRC: (262) 548-7835 or kriemenschneider@waukeshacounty.gov to see how you can receive a kit of your own.